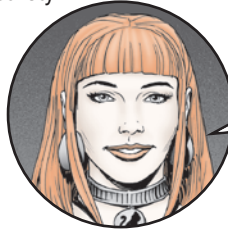


EHI LEADS TO INJURY



ENGINES **AREN'T** THE ONLY THINGS THAT CAN OVERHEAT DURING AN EXERCISE OR A MISSION!

YOU CAN, TOO, **ESPECIALLY** IN HOT WEATHER. THAT CAN LEAD TO AN **EXERTIONAL HEAT ILLNESS (EHI)**.

AN EHI INJURY CAN RANGE FROM **ANNOYING HEAT CRAMPS** TO A **DEADLY HEAT STROKE**. AN AVERAGE OF 1,000 SOLDIERS SUFFER FROM EHI EVERY YEAR AND EVEN A **MINOR EHI** INJURY CAN **DEGRADE** A SOLDIER'S PERFORMANCE.

IN ORDER TO **AVOID** EHI, IT'S A **GOOD** IDEA TO **UNDERSTAND** WHAT CAUSES IT.

THE **EXTERNAL** CONDITIONS THAT CAUSE EHI'S ARE EXPLAINED BY THE ACRONYM

HEAT

WHICH STANDS FOR: **HEAT TEMPERATURE CATEGORY, EXERTION LEVEL, ACCLIMATION** AND **TIME OF EXPOSURE**.

THE **HEAT TEMPERATURE CATEGORY** CONSIDERS THE **TEMPERATURE, AMOUNT OF SUNLIGHT, HUMIDITY** AND **WIND SPEED**.

THESE CONDITIONS COMBINE TO FORM THE **WET BULB GLOBE TEMPERATURE (WBGT) INDEX**.

IN ORDER TO **PREVENT** EHI, SOLDIERS SHOULD **AVOID** ACTIVITIES DURING A WBGT CATEGORY 4 OR 5.

Heat Casualties: Signs, Symptoms, Actions

Heat cramps: a first sign to catch

- Muscle pain or spasms (abdomen, arms, legs)
- Stop activity, move to shade
- Drink sports drink or juice/water with 1/2 pack salt added

Heat exhaustion: catch signs early & treat

- Dizziness
- Headache
- Nausea
- Weakness
- Clumsy/unsteady walk
- Muscle cramps
- Rest in shade
- Loosen uniform/remove head gear
- Ensure excess water has not been consumed; have Soldiers drink 2 quarts water over 1 hour
- Evacuate if no improvement in 30 minutes, or if condition worsens

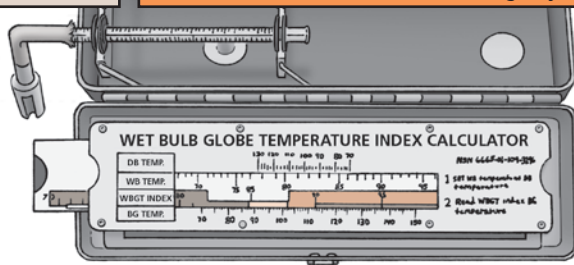
Heat stroke: a medical emergency

- Convulsions and chills
- Vomiting
- Confusion, mumbling
- Possibly combative
- Passing out (unconscious)
- **COOL and CALL (asap)!**
 - Strip clothing
 - Rapid cool (ice sheets)
 - Call for ER evacuation
 - Continue cooling during transport
 - Keep same person to observe for mental change throughout transport

Hyponatremia: a medical emergency

- History of large water consumption
- Confusion
- Vomiting (liquid, no food)/repeat vomiting
- Clear urine
- Convulsions
- **Water intoxication (overconsumption of water) requires medical treatment ASAP!**

When in doubt - call 911 for emergency evacuation!



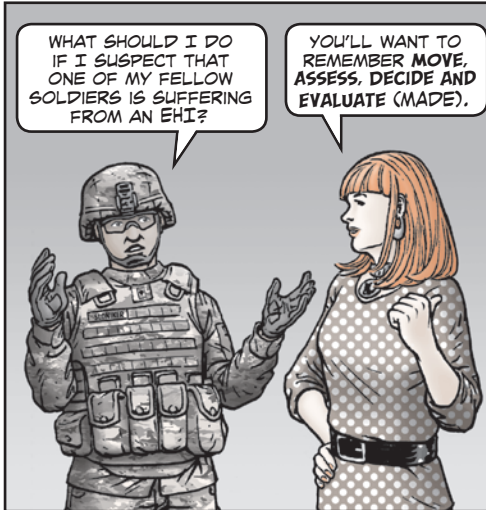
EXERTION

IS HOW **HARD** YOU HAVE TO **WORK** AND HOW **MUCH** GEAR YOU HAVE TO **WEAR** DURING A **TRAINING EXERCISE** OR **COMBAT OPERATION**. **TOO MUCH** EXERTION IN **HIGH TEMPERATURES** CAN CAUSE AN EHI.

ACCLIMATION

REFERS TO HOW **ACCUSTOMED** A **SOLDIER** IS TO THE **HIGH TEMPERATURES**. **SOLDIERS** WHO **GREW UP** IN **AREAS** WITH A **HOT CLIMATE** MAY **ALREADY** BE **ACCLIMATED** TO THAT TYPE OF **WEATHER**, WHILE **SOLDIERS** FROM **COOLER CLIMATES** MAY **NOT**.

A **SUDDEN RISE** IN **TEMPERATURE** CAN BE **DANGEROUS** TO **ALL** **SOLDIERS**, BUT **ESPECIALLY** ONES WHO **AREN'T** USED TO IT. **LIMIT** YOUR **TIME** IN THE **SUN** BY **WORKING** AT **SUN UP**, **SUNDOWN** OR IN THE **SHADE** WHENEVER **POSSIBLE**.



WHAT SHOULD I DO IF I SUSPECT THAT ONE OF MY FELLOW SOLDIERS IS SUFFERING FROM AN EHI?

YOU'LL WANT TO REMEMBER **MOVE, ASSESS, DECIDE** AND **EVALUATE (MADE)**.

MADE

Move the suspected victim of the EHI into the shade or into an air conditioned car or building.

Assess the signs and symptoms to determine what type of EHI injury the victim might have.

Decide on which EHI the injured person has and take the proper approach to get them treatment.

Evaluate other Soldiers and adjust training as necessary.

WET BULB GLOBE TEMPERATURE RISK CATEGORIES

Category	WBGT, °F	WBGT, °C	Flag Color
1	< 82	< 27.8	White
2	82 - 84.9	27.8 - 29.3	Green
3	85 - 87.9	29.4 - 31.0	Yellow
4	88 - 89.9	31.1 - 32.1	Red
5	≥ 90	≥ 32.2	Black

AVOIDING EHI INJURIES MEANS **UNDERSTANDING** THE **RISK FACTORS** INVOLVED FOR YOUR **SOLDIERS** AND **TRAINING** ENVIRONMENT AND...

...**RECOGNIZING** THE **SIGNS** AND **SYMPTOMS** OF **EHI'S** SO YOU CAN **STOP THEM** IN THEIR **TRACKS**.

